

## SKILLS & STAR METHOD WORKSHEET

Identify several hard and soft skills that you have acquired through your professional experiences or skills assessments. Consider both your current and past employment roles, and use the STAR method to formulate impactful statements that can enhance your resume. This reflective approach will not only highlight your qualifications but also demonstrate your growth and adaptability in the workplace.

**Hard Skills:**

**Soft Skills:**

**Situation:**

**Task:**

**Action:**

**Result:**

**STAR Method:**